When writing a recipe out for a food order please use the following table format

Name of Recipe:

Number of serves:

|  |  |  |  |
| --- | --- | --- | --- |
| *Where will it be found in the supermarket* | *Use the following format-food,type* | *The unit of measurement*  *Use g & ml if possible* | *Use decimals not fractions* |
| **Category** | **Ingredient** | **Unit** | **quantity** |
| F&V | Cacsicum, green | g | .25 (1/4) |
| Grocery | Oil, olive | Ml | .5 (1/2) |
| Meat | Chicken, minced | Rashers | .75 (3/4) |
| Chiller | Milk, low fat | whole | .3 (1/3) |
| Dp freeze | Cheese, feta. | stalk | .6 (2/3) |
| deli | Bacon, shredded |  |  |
|  |  |  |  |

Some common unit conversions are as follows

teaspoon = tsp

Tablespoon =Tbsp

1Tbsp = 20ml (4 tsp – 1 Tbsp)

1 tsp= 5 ml

1 cup = 250ml

½ cup = 25ml

For more conversions look at the following websites: <http://www.taste.com.au/how+to/articles/369/weights+measurement+charts>

**Ingredient equivalents**

<http://www.drgourmet.com/recipes/equivalents.shtml>